

Club W: The YWCA Health & Fitness Center

General Information

Club W Hours

Mon. - Fri. 5:30 - 9:00 pm
Saturday 8:00 am - 6:00 pm
Sunday 1:00 pm - 6:00 pm

Child Care Hours

Mon.- Fri. 8:00 - 12:00 pm
Mon., Wed. 4:30 - 8:30 pm
Saturday 9:00 - 11:30 am

Child Care available at no additional charge.

Club W Orientations

By appointment. Sign up at the front desk.

Thank you!

Your Club W membership helps to support the YWCA's many important community service programs. You strengthen your body and you strengthen your community.

Questions?

Susan Macdonald, Health & Fitness Director
254-7206 x 213

Carol Severance, Membership Coordinator
254-7206 x 105



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ywca



Class Descriptions

You can always see current schedule on the web at www.ywcaofasheville.org.

African Dance: Dance movements from African culture. Heart pounding. Great music.

Bootcamp: drills, relays, cardio, strengthening meet Sargent Ronda

CSI: Cardio, Strength and Intervals, finishing with abs and stretching.

Early Bird Combo: High-energy class with step and hand weights to provide a full-body workout.

Flow Yoga: This class flows from one posture to the next. Participants need to know basic postures.

Gold Zumba: Fusion of Latin and International music. Dance creates a dynamic & effective workout

Kundalini Yoga: "kriya" or set of postures, breathing, and chant directed towards a particular intention. A little bit different from your 'usual' yoga.

Appropriate for beginner or advanced.

Meditation: 1hr seated reflective guided relaxation. Focus on breath and stress reduction.

Pilates: Ultimate core training, increases balance, strengthens abdomen and back.

Pump: Resistance Training in a class setting. Fun workout to music.

Stretch and Flexibility: 45 minute feel good class—relaxing, breathing, stretching some standing, sitting, floor...

SilverSneakers I: A 45-minute beginning exercise class taught assisted with a chair.

SilverSneakers II intermediate class.

Tai Chi: Low impact exercise that improves balance, flexibility and reduces stress.

Trim & Tone: A full body workout incorporating strength moves and flexibility

Having a Ball: Intervals of cardio, resistance training and physio ball exercises.

Turbo Kic: Cardiovascular class combining calorie-blasting kickboxing, body sculpting to dance music.

Yoga: Yoga postures improve strength, circulation, flexibility, and balance of the endocrine system. Please attend Gentle or Level I prior to Level II.

Class offerings may change, be cancelled or move to a different time slot.